

Flu season has begun!

Presented by TSgt. Michelle Layman
Immunizations, 150 MDS

Flu Facts:

The Flu is caused by a virus, which is transmitted person to person via the nose and throat. Flu season begins around October and usually peaks between January and March, so getting the vaccine in December or later is still beneficial. An average of 36,000 deaths per year in the U.S. are attributed to the Flu.

Why get the vaccine:

Inactivated (killed) influenza vaccine has been used in the U.S. for many years. Influenza viruses change often and therefore, influenza vaccine is updated every year. Protection develops about 2 weeks after getting the shot and may last up to 1 year. Some people who get the Flu vaccine may still get the Flu; however, they will usually get a milder case

than those who did not get the vaccine.

Risks of the Vaccine - What to expect:

1) The influenza vaccine has been killed so you cannot get the Flu from the vaccine.

2) Milder side effects include: soreness, redness, or swelling at the site of injection, fever, and aches. These may last up to 2 days.

3) Life-threatening reactions are very rare. The most common severe side effect is allergic reaction, which will generally present within minutes to hours after the vaccine has been given.

For more information contact the 150th Medical Squadron at 853-3477 or the Center for Disease Control (CDC) 1-800-232-2522.

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